

## **A SAMPLE INTRODUCTION TO AVP**

My experience is that people are more likely to warm to the idea of AVP with a mini workshop rather than a lecture

### **SAMPLE MINI AGENDA**

- Welcome (abbreviated)
- Gathering (simple, non threatening)
- Agenda Preview
- Affirmation Names (abbreviated)
- An Introduction to AVP talk (5-10 mins max, use all facilitators & have posters)
- light n lively - like Big Wind Blows or Pattern Ball
- activity - like Concentric Circles (simple & non threatening), or
  - activity - like pair share - eg. what drew me to this workshop and what I hope to get from this workshop, or
  - activity – like Tower Building, with newspaper and tape, or
- Where to from here
- Session Reflection (abbreviated)
- Close (non touching) Pattern Ball or Affirmation Wish for the group

### **FACILITATION TIPS**

- Have very short gathering eg. where I have come from – name of organisation and suburb or city
- Have people introduce their affirmation names to their neighbours on both sides
- Use posters in any talk, gathering or pair share
- Have simple, not touching, non threatening light & livelies and closings

### **GROUP SIZE**

- In a small group to 25 have everyone in one circle with facilitators spread around the circle in the normal way
- In a larger group 25-100 have people sit in one large circle with
  - Facilitator team up one end with a microphone
  - Model activities with the facilitation team in their mini semi circle
  - Have some of the facilitators walking around to assist small groups
  - Divide the bigger circle into smaller groups of 5 who sit in semi circles around the bigger circle,
  - Do the gatherings, affirmation names and concentric circles etc. done within the smaller semi circles
  - Briefly process in the full group.